

# Apple and Celery Salad

**Makes:** 6 Servings

This recipe will help you to make half your plate fruits and vegetables. Celery can be eaten raw or cooked.

## Ingredients

**1 tablespoon** orange juice  
**2 tablespoons** light mayonnaise  
**2 cups** apples (diced)  
**1 cup** celery (diced)  
**1/2 cup** raisins  
**1/2 cup** peanuts (chopped)

## Directions

1. In a large bowl, mix orange juice with mayonnaise.
2. Add apples, celery, raisins, and peanuts to the dressing mixture and stir well.
3. Serve at room temperature or chilled.

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>150</b>	
Total Fat	8 g	
Protein	1 g	
Carbohydrates	19 g	
Dietary Fiber	2 g	
Saturated Fat	1 g	
Sodium	40 mg	